

# STEP 19

## 19 Step Chen Style Taiji

NAME	CHINESE NAME	
Concluding form	Shōu shì	收势



### STEP 19 (5 moves)

1. Right fist opens and hands drop to the sides of body.



2. Hands circle out and up to shoulder level. Back of hands draw in towards each other in front of body and pull in to chest to finish palms face down.



3. Palms push down to waist level as body sinks down. Hands then push out to the sides and relax to the sides of body.



4. Pull body up. Imagine a thread is pulling up from your crown.



5. Move weight into right leg. Raise left heel and step left foot next to right